



- ☐ Brush and floss daily to control the germs that cause bad breath, gum disease and tooth decay.
- ☐ Brush teeth, gums and tongue after every meal. Use a small, jiggling motion with the bristles angled to the gums. Use a pea-sized amount of fluoride toothpaste. Floss teeth daily.
- ☐ Use a mouthguard for sports.
- ☐ Young adults should see a dentist at least once a year. Ask about fluoride, sealants, braces, wisdom teeth and mouthguards.
- ☐ Limit sweets to prevent dental cavities.

- ☐ Have 3 meals and 3 snacks daily.
- ☐ Eat a variety of foods every day.
- ☐ Eat healthy foods. Choose daily:
  - 5-9 servings of vegetables or fruits
  - 7-11 servings of breads, cereals, or grains
  - 3 cups of nonfat, 1% or 2% milk, or lowfat cheeses or yogurt
  - 3 servings of protein foods, like lean meats, poultry, fish, eggs, dried beans, peas (legumes) or tofu
- ☐ Drink at least 8 cups of water daily. Limit high-caffeine drinks such as coffee, tea and colas.
- ☐ Start the day with breakfast. Leftovers are quick and easy to fix.
- ☐ Limit fast foods and soda.
- ☐ When eating out, choose broiled, baked, steamed or grilled foods, like a grilled chicken sandwich. Try a baked potato, salad bar, lowfat milk or fruit juice.
- ☐ Buy foods low in fat, sugar and salt.

## HEALTHY SNACKS



# Staying Healthy



Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Today's Date: \_\_\_\_\_

### Next Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Keep emergency numbers handy:**



**Police, fire, ambulance:** Call 911

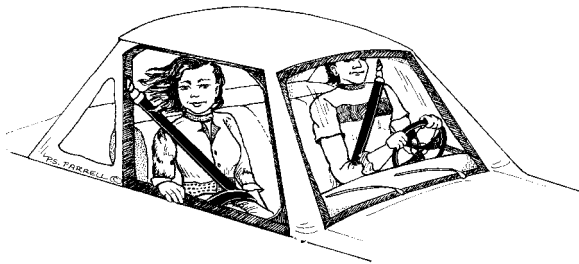
**Poison Control Number:** 1-800-876-4766

- Learn Adult CPR
- Put smoke alarms in hallways and every bedroom, check every 6 months.
- Have a carbon monoxide alarm.



## Health and Safety

- ❑ Use a car seat belt for every ride.
- ❑ Do not ride in the back of open pick-ups.
- ❑ Practice car and motorcycle safety. Never drink and drive. If the driver drinks, find another ride.
- ❑ Use a helmet and knee, elbow and wrist guards when using bikes, skates, and skateboard.
- ❑ Wear a helmet when riding a motorcycle.
- ❑ Avoid hitchhiking and other risk-taking activities. Do not accept anything from strangers or go with them.
- ❑ Be aware of date rape.
- ❑ Loud noises or music can damage your hearing.
- ❑ Stay away from guns.



## Tips For Life

### *Seek support for your hopes and dreams.*

#### **What to Expect**

- ❑ You may have concerns about career, school and the future.
- ❑ You are becoming independent of your family.
- ❑ You may date and have a close circle of friends.
- ❑ You may be working a regular job to gain financial freedom.
- ❑ You may have rational arguments with others over beliefs, attitudes and values.

#### **What You Can Do**

- ❑ Remember that you have many choices. It is okay **NOT** to use drugs, alcohol, and have sexual contact with others.
- ❑ Get involved in outdoor activities, sports, civic or religious groups. Avoid gang activities or group violence.
- ❑ Make time for homework. Stay in school.
- ❑ Ask for privacy and respect the privacy needs of others.
- ❑ Talk about your life events, attitudes, beliefs and values with those you respect.
- ❑ Remember there will be times when you are confused or depressed. There are adults who can help you sort out your thoughts and feelings.
- ❑ Find others who are positive about life.

*If you find yourself about to hit or harm someone, even yourself, call a "Hot Line" or a friend for help.*

17 - 20 Years

## Health and Safety

- ❑ Go for regular health exams.
- ❑ Exercise daily. Try ball games, track, tennis, swimming, hiking, biking and dancing.
- ❑ Find out about and regularly do breast or testes self-exams.
- ❑ Keep your skin, hair and body clean. Wear clean clothes. Wash your hands with soap and water before eating and after using the toilet. Wash bed sheets weekly.
- ❑ Find out about AIDS and other sexually transmitted diseases.
- ❑ Be responsible for sexual behavior, use birth control.
- ❑ If you are pregnant, see a doctor for early and regular prenatal care.
- ❑ Keep away from tobacco smoke. Stop all tobacco use.

